

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2014

Breakfast No-bake Granola Bars

Cranberry-Pineapple Dessert

Apple Tortilla Treats

Beef and White Bean Lasagna

Peanut Butter Nibbles

Breakfast No-bake Granola Bars

2½ cups toasted rice cereal
2 cups old-fashioned oatmeal
½ cup raisins
½ cup firmly-packed brown sugar
½ cup light corn syrup
½ cup peanut butter
1 teaspoon vanilla



1. Put the rice cereal, oatmeal and raisins in a bowl and stir together.
2. In a small saucepan, mix together the brown sugar and corn syrup. Turn the heat to medium-high. Stir constantly while the mixture is brought to a boil. Once boiling, remove the saucepan from the heat.
3. Stir the peanut butter and vanilla into the sugar mixture. Blend until smooth.
4. Pour the peanut butter mixture over the cereals and raisins in the large bowl. Mix well.
5. Press the mixture into an 8x8-inch baking pan.
6. When cool, cut into 16 bars.

Recipe Source: Oregon State University Extension Service, www.foodhero.org

Nutrition Note: This recipe makes 16 bars. Each bar has 200 calories, 5 grams of fat, 5 grams of protein, 34 grams of carbohydrates and 85 milligrams of sodium.



Kid-friendly Veggies and Fruits

Take two graham cracker squares and spread peanut butter on both halves. Place three to four slices of banana on top of the peanut butter on one half and cover with the other half (peanut butter side in). Wrap in plastic wrap and freeze. Serve frozen.

Cranberry-Pineapple Dessert

1 can (20 ounces) crushed pineapple in juice
2 packages (3 ounces each) raspberry flavored gelatin
1 can (14 ounces) whole berry cranberry sauce
¾ cup walnut pieces
1 apple, chopped

1. Drain pineapple, reserving juice. Add enough water to juice to measure 2½ cups; pour into saucepan. Bring to a boil.
2. In a large bowl, stir together gelatin and pineapple juice mixture for two minutes until completely dissolved. Stir in pineapple, cranberry sauce, walnuts and apple.
3. Spoon into 24 paper-lined muffin cups. Refrigerate 2½ hours or until firm. Remove from paper liners before serving.

Nutrition Note: This recipe makes 24 servings. Each serving has 90 calories, 2 grams of fat, 1 gram of protein, 17 grams of carbohydrates and 30 milligrams of sodium.

Breastfeeding:

Why breastfeed?

"I always wanted to do it, and I continue to do it for those special moments."

~ Pam, WIC Breastfeeding Mom from Bismarck WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Apple Tortilla Treats

4 green or red apples, washed, cored and chopped into small pieces
½ cup orange juice
½ cup brown sugar
½ teaspoon ground cinnamon
4 whole-wheat tortillas

1. Preheat oven to 400 degrees.
2. In a large saucepan, combine apples, juice, sugar and cinnamon. Cook over medium heat, stirring frequently, until apples are tender and mixture is thickened (about 10-15 minutes).
3. Meanwhile, place tortillas on a large baking sheet and bake until crisp and lightly browned (about 5 minutes).
4. Let tortillas cool and then top with warm apples.

Nutrition Note: This recipe makes 8 servings. Each serving has 190 calories, 2 grams of fat, 3 grams of protein, 43 grams of carbohydrates and 160 milligrams of sodium.

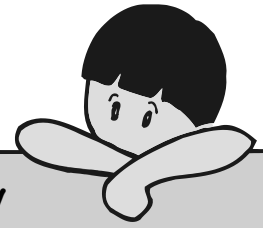
Beef and White Bean Lasagna

½ pound lean or extra-lean ground beef (90 percent lean or higher)
1 can (24 ounces) low-sodium spaghetti sauce
1 can (15-16 ounces) navy or cannellini beans
8 ounces lasagna noodles
¼ cup parmesan cheese
2 cups low-fat cottage cheese
1½ cups shredded reduced-fat mozzarella cheese

1. Preheat oven to 350 degrees. Coat a 9x13-inch pan with nonstick cooking spray.
2. Brown the ground beef in a skillet over medium heat. Break the meat apart with a spoon and continue cooking until ground beef is fully cooked. Drain and rinse excess fat. Mix cooked beef and spaghetti sauce in a bowl.
3. While meat is cooking, heat water and cook lasagna noodles according to package directions.
4. Drain and rinse beans in a colander, then puree them using a blender, mixer, food processor or potato masher. Mix the pureed beans with the beef and spaghetti sauce.
5. In a separate bowl, mix the parmesan and cottage cheeses together.
6. Layer noodles to cover the bottom of the pan. Then add a layer of spaghetti sauce, cottage cheese mixture and mozzarella cheese. Repeat until you have three layers of noodles. Top with remaining spaghetti sauce and cheese.
7. Cook for 40-45 minutes. Let stand about 10 minutes before serving, to make it easier to cut.

Recipe Source: North Dakota State University Extension Service

Nutrition Note: This recipe makes 12 servings. Each serving has 240 calories, 5 grams of fat, 21 grams of protein, 26 grams of carbohydrates and 420 milligrams sodium.



Turn Off the TV

Movement Charades: Have your child act out something that has to do with winter. Then let the rest of the family guess what your child is doing.

Source: Head Start Body Start

Peanut Butter Nibbles

½ cup peanut butter
2 tablespoons butter or margarine
2 cups rice squares cereal
2 cups wheat squares cereal
2 cups corn squares cereal



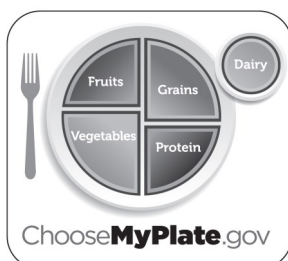
1. Preheat oven to 250 degrees.
2. In a microwave-safe bowl, heat peanut butter and butter until melted. Stir.
3. In a large bowl, mix the cereals together, then add the peanut butter mixture. Stir until all pieces are evenly coated.
4. Place cereal mixture on a large baking sheet and bake for 1 hour, stirring every 15 minutes. Allow to cool on waxed paper before serving.

Nutrition Note: This recipe makes 12 servings. Each serving has 150 calories, 8 grams of fat, 4 grams of protein, 19 grams of carbohydrates and 200 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Show Children What's Important

Children learn to cook from their elders. Show kids how meals and dishes from various traditions are prepared. Let them taste food they made as you share related stories and customs from your own heritage or expose them to other cultures.